Thoracic Surgery Rehabilitation Programme for people with confirmed or suspected lung cancer
What is the rehabilitation programme?

The programme consists of exercise and education classes held twice weekly. They start from the time of your referral up until your surgery, then continue for up to eight weeks after your surgery. The sessions consist of an hour of exercise and up to 30 minutes of discussion, depending on your requirements.

The programme is designed to help you to prepare for and recover from your surgery, to help you to have the best possible outcome.

“I wanted to improve my fitness for surgery and to investigate what I could do despite my limitations.”

“I wanted to be better prepared for surgery.”
What are the benefits to be gained?

You will learn more about the surgery you will be having and develop your overall aerobic capacity, muscle strength and endurance. This will help you to more easily complete daily tasks such as climbing the stairs, shopping, walking, cycling or the hobbies you enjoy.

Rehabilitation can help you to get to know your limits, gain confidence and to develop your strength, endurance or both.

You will develop greater control over any breathlessness you may have and feel more able to manage activities. You will also have the opportunity to develop a social network, which can be uplifting and motivating.

“I started feeling more active and happier fairly quickly.”

What tests will I need to do before I take part?

You will be invited to have an assessment, during which we will go through your current abilities and goals and will measure your blood pressure, body composition, muscle strength and walking ability.

“I realise I can do a lot to help myself now.”
What will be offered as part of the programme?

You will be given an individualised exercise training programme which will build on your strengths and develop your capacity in a progressive, structured and safe way.

You will be reassessed after the programme to measure the improvement in your overall fitness.

We will offer information, which will include:
• preparing for and undergoing surgery
• stopping smoking
• the benefits of exercise
• managing stress
• financial support and benefits
• healthy lungs and chronic diseases
• lung cancer
• dietary advice
• managing pain
• medication advice.

“The goals were carefully devised so that I was always working at my optimum level. I never felt overstretched and always left each session with a sense of achievement.”
When and where are the classes held?

The classes are held at the Churchill Hospital, in the Therapies gym on level 2 of the Surgery and Diagnostics department. There is a lift near to the main reception in the Cancer and Haematology centre and a reception area in which to wait.

The closest parking is in car parks 1, 2 or 5 (access via the back entrance of the Cancer and Haematology centre, past Dermatology). We can provide you with a form for a car parking permit, which allows free parking for the duration of your course.

There are also several local bus services which drop off at points close to the department and main reception. Please ask for our ‘Churchill Hospital – Information for patients’ leaflet for further information and a map. If you are eligible for hospital transport or need a porter to help you to get to the department, please discuss this with a member of the rehabilitation staff. Contact details are on the next page.

If you are unable to attend the classes, we can organise a home exercise and education programme for you.

“I feel elated at my progress! I really didn’t expect that after 7 sessions.”
Who can I contact for more information?

Please contact the Thoracic Surgery Rehabilitation Team. You can self-refer to this programme.

Tel: 01865 223 874  
(8.00am to 5.00pm, Monday to Friday)

Email: solaceteam@ouh.nhs.uk
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALS@ouh.nhs.uk

WE ARE MACMILLAN, CANCER SUPPORT

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